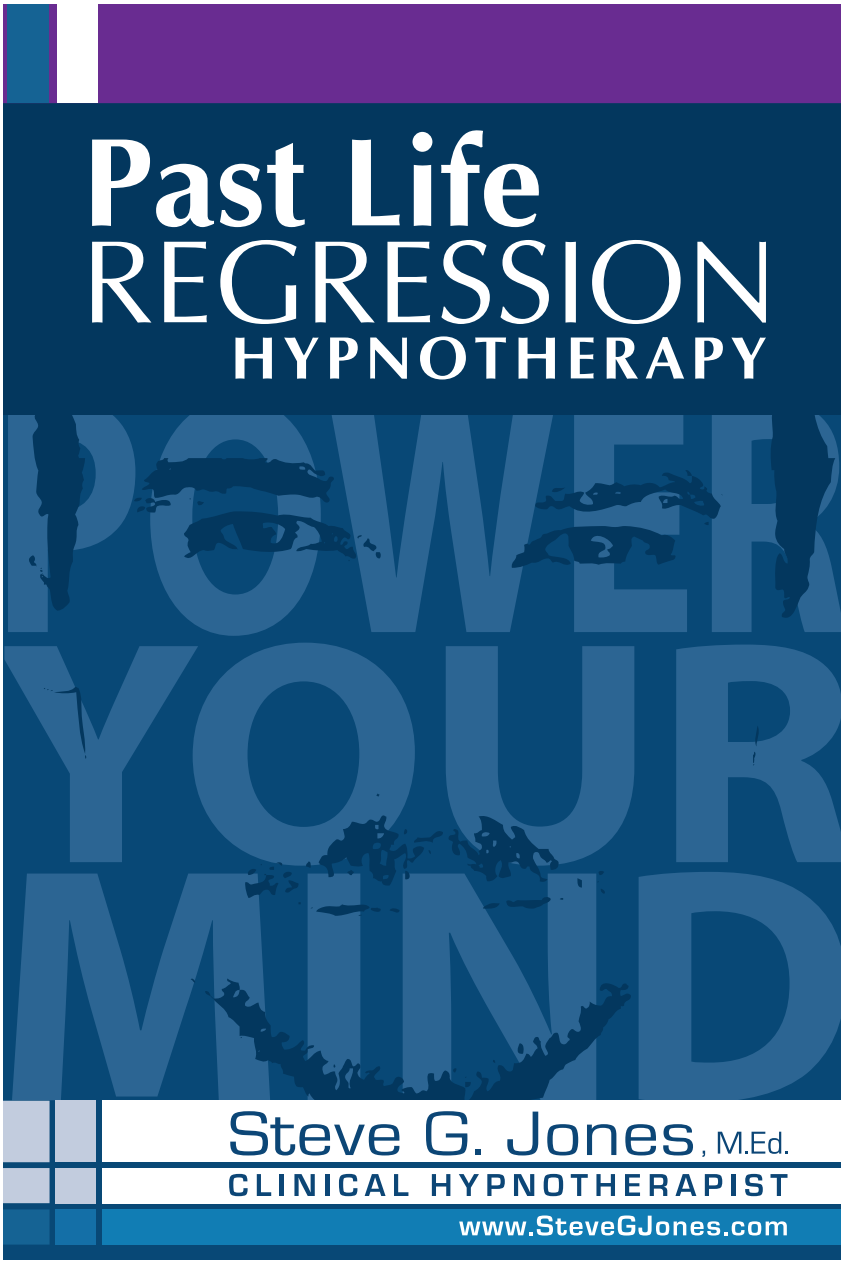




Past Life REGRESSION HYPNOTHERAPY



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Past Life Regression Hypnotherapy

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For April O'Connell, Ph.D., my college academic mentor in the early 1980's. Thank you for your encouragement before moving on to your next life.

Table of Contents

Chapter 1: Introduction	11
Chapter 2: Intro to PLR Theories	25
Chapter 3: Priming the Pump	31
Chapter 4: PLR Pre-Talk	37
Chapter 5: PLR Inductions and Deepenings	55
Chapter 6: PLR Script	65
Chapter 7: Ending your Session	75
References	81
Resources	83
Books by Steve G. Jones, M.Ed.	85

Foreword

In the 1950s, the American Medical Association took notice of hypnosis after a patient underwent a thyroidectomy (removal of the thyroid) while in a hypnotic trance induced by a hypnotherapist (Blakeslee, 2005). No other painkiller or anesthesia was used.

Since then, hypnotherapists have made powerful strides toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients, and to ease pain during procedures (Bierman, 1995). They regularly tell patients how easy recovery will be. Additionally, doctors tell patients that a procedure is common and meets with a high degree of success. Because these phrases are delivered by an authority figure, they act in exactly the same way as hypnotic suggestions, and become reality for the patient. More obvious hypnotic suggestions are also sometimes given to patients by doctors trained in hypnosis, and for over a century, dentists have used hypnosis to ease discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession scoffed at hypnotherapy, but today it is being readily embraced as a complement to long-standing medical procedures.

According to the southern Medical Journal (2004), as many as 40% of Americans use some form of complementary and alternative medicine such as hypnotherapy.

Past Life Regression Hypnotherapy

For the latest information about the hypnotherapy world, visit www.americanallianceofhypnotists.org the website of the American Alliance of Hypnotists, of which I am the founder and director. The organization started in America as a network of hypnotherapists, but it is now open to practitioners worldwide. Among other things, this site lists hypnotherapists and classes available in your local area. Become a member. It's free.

Chapter 1: Introduction

Past Life Regression Hypnotherapy

Past Life Regression Hypnotherapy

Before we look at past life regression hypnotherapy, it is important for you to have a good basic understanding of hypnotherapy in general. Hypnotherapy is not a Zen-like trance in which the client, also referred to as the patient, is in some sort of metaphysical state. From time to time, clients will experience this state; however, the goal of hypnosis is to get the client into a very light trance, also known as “Alpha.” When in Alpha or deeper, a client’s brain waves are altered (Blakeslee, 2005) and they are more suggestible than when they are in Beta. They are therefore more able to receive messages that influence positive change.

Anything deeper than Alpha (Delta or Theta) is helpful but not necessary.

Stages of Consciousness

Hypnotherapy deals with four stages of consciousness: Beta, Alpha, Theta, and Delta.

Normal waking consciousness is called Beta. In Beta, a person’s brain is fully functional and in an alert state. It is paying attention to, and processing stimuli from the outside world.

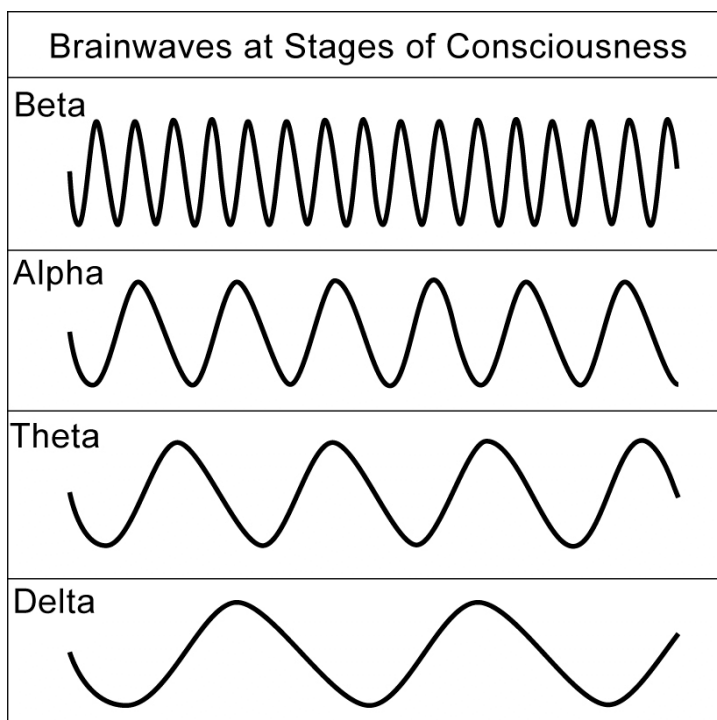
In Alpha, the person is slowed down slightly and is therefore more focused and able to dedicate her train of thought to one thing. Equate Alpha to the state you are in when watching TV, or when you have been driving for a lengthy period. When driving, your attention is focused on the elements of driving. Outside stimuli play a lesser role. At first, you may be aware of things around you such as cars and pedestrians. After prolonged driving, your attention shifts to what is happening directly in front of you. This is Alpha.

Past Life Regression Hypnotherapy

Alpha is a “not-really-here, not-really-out-of-it” phase. In Alpha, outside stimuli no longer distract the client, who is then able to receive habit-altering messages from the hypnotherapist.

It is important to note that similar to driving in a trance, patients in hypnosis still can react as things happen. A common misconception is that clients under hypnosis cannot react, and that therefore the hypnotherapist has ultimate control over the patient. In Alpha, the patient is always in the driver’s seat, and is fully capable of reacting and making decisions.

Some hypnosis patients go deeper than Alpha into Theta or Delta, and most patients will transition between Beta, Alpha, Theta, and Delta during the session. Some patients will never attain Theta or Delta, regardless of what the hypnotherapist does.



However, almost everyone will fall into Alpha on the first session. Techniques for guiding patients to Theta or Delta are more complex, and are beyond the scope of this course. Those techniques are taught in my advanced class.

You should know, however, that there are tests for ascertaining how deeply a person has fallen. Some methods of hypnotherapy are more effective in Theta and Delta. (Incidentally, the person whose thyroid was removed while under hypnosis was in Delta.)

Because patients generally toggle among stages of consciousness in any given hypnotherapy session, most will have the experience of only remembering some of the things the hypnotherapist has said. Patients often believe that they remember everything but, actually remember very little.

What Is Hypnotherapy?

Hypnotherapy is a combination of hypnosis and therapy, and this is one of the many attributes separating it from stage hypnosis. Traditionally, a hypnotherapist will spend about half of his or her time talking to the client while the client is in Beta (normal waking consciousness). The remainder of the time, the client will be in hypnosis (Alpha or lower). Hypnotherapy works by combining hypnosis with precise, outcome-oriented therapy and targeting the subconscious mind.

Hypnotherapy is quite different from traditional therapy. Instead of spending years with a therapist, clients who undergo hypnotherapy will have an efficient, fast, reliable means of altering negative behavior. Hypnotherapy produces the most immediate results for changing beliefs and/or behaviors.

Past Life Regression Hypnotherapy

It is important to note that hypnotherapy is not for everyone. Some patients want to spend years in traditional therapy; getting to know themselves and examining the roots of their behavior. Some patients will even respond better to long-term, non-hypnotic therapy. Hypnosis is just one of the thousands of ways a person can achieve her goals; however, if your patient wants immediate results, hypnotherapy is the most effective tool.

The beauty of hypnosis is that a person's body does not know the difference between imagining something and having it happen. As far as the body is concerned, the physiological responses are the same, regardless of whether the client is imagining something or actually experiencing it.

The client therefore has the advantage of intellectually knowing that a situation is happening only in the imagination, and physically responding as though it has happened. The client gets the benefit of tackling her fears, losing weight, or becoming motivated without ever having left the hypnotherapist's chair. The client is still reclined in the chair, yet as far as her body knows, she has conquered her cravings, lost weight, learned how to speak to romantic interests, and so on.

This means that when it comes time for the client to eat healthy foods, go on a date, or stop procrastinating, her body will feel as though she has already done this. Therefore, she will have the confidence and ability to move forward.

Ethics

To help move hypnotherapy into the mainstream, hypnotherapists should adhere to the following guidelines:

1. Do no harm. This book provides powerful tools for tapping into the subconscious mind. In doing so, you must first make a commitment to making only positive changes in your patients' lives.
2. If hypnotherapy is not working on a given patient, stop treatment and refer the patient elsewhere. If you continue to treat a client who is not getting the results she wants, you will have wasted your client's time and money — and damaged not only your reputation, but also that of hypnotherapy in general. Not all patients will respond to hypnotherapy, and not all patients will respond to your method of hypnotherapy. Accept this, and move on if goals are not being met.
3. Follow all state and federal laws. For instance, legislation in early 2003 required hypnotherapists in California to disclose certain information to their clients. It is YOUR responsibility to know the law in your area concerning hypnotherapy. Consult an attorney if you have to. Do the right thing in your practice. Unlike many medical professionals, hypnotherapists are given a lot of leeway, and in many states, are not strictly regulated. In any situation, you have a built-in compass for right and wrong. Use it. Treat people with care and respect.

Hypnotherapy Overview

A general hypnotherapy session begins with a pretalk. This is where you explain hypnosis to the client and reassure her about the power of her mind. Next comes the induction, which is the initial attempt to drop the client into a light trance. After the induction, the hypnotherapist will conduct a deepening that drops the client into an even deeper trance, as the name suggests. The hypnotherapist will then use a script, which is the therapy portion of the session. The script includes a suggestion for change. Upon finishing the script, the hypnotherapist will segue into amnesia, which suggests that the client's mind will forget the session. Do not use amnesia when doing a past life regression. You will want your client to remember as much of the session as possible. That is what they are coming to you for. Finally, the hypnotherapist will use trance termination to bring the client out of hypnosis. In this course, each of these steps will be covered in detail.

However, each client is different, and so the therapy session might be changed depending on the client's needs. Hypnotherapists should be flexible and able to think on their feet. Do your research so that you can take an alternate path if you are on a course that does not seem to be working.

When conducting a hypnotherapy session, learn to speak monotonously and slowly. Throughout the session, you will want to lengthen your words. Your tone should be dull and boring. (See Chapter 3, Inductions, in my book, Basic Hypnotherapy for Professionals, for more details.)

You will also want to use positive words. For instance, when I work with people on procrastination, I do not call it “procrastination.” I call it “motivation,” because this is the positive way of looking at the situation. Learn to spin things positively. Instead of saying that a person is “afraid to fly,” say that she wants “freedom to fly.” Experiment with phrasing things positively.

Some professionals believe that hypnotherapists should not use the word “no” or “not,” because they believe that the subconscious mind drops these words. In other words, instead of hearing, “You will not eat carbohydrates,” they believe the client will hear, “You will eat carbohydrates.”

I often use the words “no” and “not” with positive results. However, to be on the safe side, you may choose to avoid using negative words. Instead, say, “You will be done eating foods with carbohydrates,” or “You will crave foods that are low in carbohydrates.”

Recording Your Sessions

When doing a past life regression hypnotherapy session, it is a good idea to offer a recording of the session to your client at no additional charge. This accomplishes two things: 1. It gives the client a record of what happened during the session. 2. It serves as a marketing tool for you. The client will probably play it for friends and relatives privately and at parties. The friends and relatives could become your clients after hearing the fascinating journeys recorded on the CD or mp3.

Controlling the Environment

You will want to establish an office space that allows you to control the environment. Cut your clients off from the outside world and demand their complete attention. You must have them relaxed and have them in an oasis from the outside world.

In controlling the environment, first make sure that the client has gone to the restroom. Dropping your client into Alpha and sustaining hypnosis is difficult if she is squirming with discomfort. So ask her before you start, "Do you need to use the restroom before we begin?"

Likewise, make sure that the client's cell phone or pager is turned off. Make sure that she is in an environment where no one and nothing is going to disturb her. There should be no barking dogs or sounds of traffic.

Control the environment.

Make sure that the client is not too cold or too warm. Give the patient the option of being reclined. A comfortable, reclining chair is perfect for this. Get one.

I prefer to have my clients reclined in a nearly horizontal position with an eye covering, like the ones that are sold for sleeping or airplane trips, over their eyes to block out any light. The client listens to my voice through headphones.

I want to completely control the environment, and for this reason, I generally avoid going to a person's house to conduct a hypnotherapy session.

The client is not going to see anything because his eyes are going to be covered. He is not going to hear anything except my voice and the sound of gentle ocean

waves that I play in the background. The client is perhaps going to be covered with one or two blankets, depending on the temperature.

Again, your job as a hypnotherapist is to prevent anything that could interrupt the session.

I learned this lesson the hard way in 1986. I had a patient, a doctor, who wanted to be hypnotized. She was on call during our first session, and she kept getting up during the hypnosis session to respond to her pager. She was not respecting the session. I immediately formed a strict policy against this disruptive activity. If your patient is on call, tell her to come back another day. Do not allow yourself or your client to be disturbed.

Some clients like to multitask, but hypnosis is not the place for multitasking. Think of it like surgery — it would not be acceptable if someone knocked on the door during surgery, or if the doctor stopped operating so that the patient could take a cell phone call. Show your clients how you want them to respect the hypnosis session.

The bottom line is this: control the environment! It's YOUR responsibility.

Clients to Refer Out

Occasionally, you will receive a call from someone who is not an appropriate client for a hypnotherapist. You will know when you are in “over your head.” It is always a good idea to refer out (send to a more appropriate healthcare provider) anyone who informs you that she is, for example, schizophrenic or psychotic. These are serious mental health conditions that you are NOT trained to handle. Also, refer out anyone who wants to uncover past memories of

abuse. You are NOT trained to deal with the emotional fallout of such scenarios.

As hypnotherapists, we work with changing behavior in otherwise high-functioning clients. This means they are stable individuals who simply need help with losing weight, gaining motivation, being more confident, stopping smoking, and so on. We enable behavioral changes that stem from changes in their belief systems. We do *not* “turn insane clients sane” or psychotic clients “normal.”

I cannot list all of the types of cases that you should refer out, but use your judgment. Never take a client just for the money. If you feel you are not qualified to handle the case, you are RIGHT. Refer them out.

Helpful Tip

Go to a hypnotherapist for a general session on motivation, and pay attention to how they do things. You can get some great ideas from other hypnotherapists. You can also see what it is like to be a client. And you can decide what NOT to do in your practice. This visit will pay for itself over and over again.

Test Your Knowledge on Chapter 1 - Introduction

(See back of book for correct answers)

- **Question 1**

List three examples of the Alpha state that can occur in everyday life.

- **Question 2**

How long does it take to form a new habit?

- **Question 3**

Whose responsibility is it to control the office environment?

Past Life Regression Hypnotherapy

Chapter 2

Introduction to Past Life Regression Theories

Past Life Regression Hypnotherapy

Time Theories

Many people look at time as a linear experience moving in a straight line. Perhaps when you imagine time you think of a straight line and on the left is the past and on the right is the future. This however, is only one theory of time. Another theory is that everything which occurs past, present, and future happens at the same time. This can be represented as several lines being drawn on a piece of paper, one below the next.

I don't know how time occurs. In fact, I am inclined to believe that time doesn't actually exist. When you think about the time of idea it quickly becomes apparent that time is simply the movement of objects through space. We say that it is noon when the Sun is directly overhead. However, the Sun is directly overhead simply because of the position of the Earth in relation to the position of the Sun. We infer from this observation that it is noon and that a certain amount of "time" has passed since the Sun has now moved directly overhead. However, the only thing that has actually happened is that the Sun is now directly overhead. This thing which we call time cannot be seen or touched or heard. We only have some very faint evidence of time.

The official time is kept in Greenwich, England and is measured by the exact frequency of the microwave spectral line emitted by atoms of the metallic elements such as cesium and rubidium. This official "time" is called Greenwich Mean Time (GMT). The motion of these atoms is considered to be constant so that we can base "time" on it. However, once again we are left with the challenge of "time" simply being the movement of objects.

I bring all this up to enlighten you about the concept of time. If there is a past, then it is quite possible that it is occurring right now. So, additionally, it is possible that the

past does not actually exist and that it is simply a concept that we hold in our minds that helps us understand our “reality” a little more clearly and gives us a grasp on our existence. I think that it is important for any author to clearly express his or her biases before launching into a discussion about any topic. Aside from the fact that I don’t know if time really exists, I also want you to know that I don’t know if past lives really exist.

My initial experiments with past life regression occurred when I was in military school in the early 80’s; it was a high school. I had gotten a book on hypnosis that mentioned past life regression and I began to hypnotize my schoolmates. I used the bunk bed where I slept, that was my “office chair” and I never had a shortage of “clients.” So I was able to conduct numerous experiments in past life regression. Keep in mind that I was simply an eleventh grader in military school and I was trying to find something that would entertain me and pass the time. Little did I know that what I was doing then as a teenager would lead to an entire career as a hypnotherapist.

At the time that I was initially hypnotizing people to see their past lives, I fully believed in past lives and reincarnation and karma. Later, from 1990 to 1995, I would become a preacher for the Church of Christ. During that time I completely renounced my belief in past lives and when I left the church in 1995 I, again, embraced the idea of past lives. I am not completely convinced that the belief or disbelief in past lives necessarily goes along with or contradicts Judeo Christian teachings. However, during those five years of my life I felt it was a conflict for me to continue practicing the past life regressions I had been doing up to that point.

Currently I don’t know if past lives really exist or not. However, I want you to know that I feel that whether past lives exist or not makes no difference in the therapeutic

value that you can bring to a person's life. Clients have come to me who could not wear jewelry or even turtle neck sweaters around their necks. In regressing them to past lives, I found that they were hanged from a tree. They saw that as a cause of not wanting to wear jewelry or a turtle neck or anything else around their necks in this lifetime. I have set that client free from a limiting belief. So now they are able to wear jewelry around their necks or a turtle neck or whatever else they choose because in their mind they are free from that former limitation. They attributed the limitation to something that happened in a "past life."

Honor the Belief System of the Client

It is important to realize in this particular scenario that whether or not the past life actually occurred is unimportant. It has no bearing on the outcome of the therapy. If I regress a client to a past life and they are able to release something they were holding on to from that life, the only thing that matters is the belief system of that client. If they truly believe that they had a past life and that something happened to them that is still having an effect on this current life, then the release of that thing is going to be powerful for them.

I usually don't share the fact that I don't know if past lives exist when talking with clients, unless they ask. The reason is that I don't want to affect the quality of the past life regression. I have certainly seen and read plenty of books and articles that indicate to me that past lives are real. But I have also seen and read many things which indicate that not all "past life regressions" are actual past life regressions.

Many of the past life regressions which I've read about, or witnessed or performed myself seem to be situations in which the client is fabricating a past life based on

information about their current life. Again, I want to emphasize that this makes no difference whatsoever in the effectiveness of a properly performed hypnotherapy session. So in this book I am going to teach you to perform a proper past life regression hypnotherapy session. If you believe in past life regression, I think that's wonderful. If you don't believe in past lives, I think that's fine. Any therapist should realize that the beliefs of the therapist are unimportant when compared to the belief system of the client. You as a therapist can believe whatever it is that you want to believe as long as you respect the beliefs of the person you are helping. If your client believes in past lives, you have an obligation to them to work within the framework of their belief system. If you were to say to them, "Past lives don't exist." Where would that leave you? You would have violated the belief system of the client. You would have failed to follow through by offering what could have been a powerful and productive past life regression hypnotherapy session and you would have in general displayed your ignorance about therapy.

Let's say, on the other hand, you happen to not believe in past lives. And let's say that you have a client who comes to you seeking help with a "past life" and you perform a past life regression. During that session, you find out information which is helpful to that client in their present life. This is a result of that past life regression. You helped them undo something they have been struggling with. You have performed a valuable service to that client.

So my point is this, if you don't believe in past lives, don't worry about it and don't freely offer this information to your clients unless they ask. Just perform the past life regression using the method I am going to teach you and allow the client to heal themselves.

Chapter 3

Priming the Pump

Past Life Regression Hypnotherapy

Proper Preparation

As with anything you are going to do in life, you need to prepare properly. The way you prepare properly for a past life regression session is by “priming the pump.” When you prime an actual water pump, you introduce water into the system that draws the water from below the earth to the surface and starts the pump flowing. The pump can then work fine on its own without you needing to introduce any new water to the system. The same is true when doing a past life regression session. You need to introduce some ideas into the client’s mind initially. They will then begin to generate their own ideas. From that point forward, you will no longer need to introduce any new ideas.

It is important to introduce these ideas in a very subtle way so as not to lead a client in any particular direction. The way I like to do this is to have audio tracks of music from different periods in the past. Keep in mind, that if your client is thirty years old and the year is 2010, they were born in the year 1980. Therefore you do not need to play any music that was made after the year 1980 because your client was involved in this present lifetime from the year 1980 forward. So, you will want to have specific clips of popular music dating back as far as possible. I have a specific piece from the 1980’s that I like to play for people born after the 80’s. I also have a music piece from the 1950’s that was very popular at that time. I have a music piece from the 1920’s which was popular at that time. And so on all the way back to about the year 1700. Before that it can be slightly challenging to find remakes of popular music of the time. Do the best you can when getting examples of popular music from certain periods. I recommend playing about ten seconds from each clip and a ten second pause between each clip. So, for example, for the clip from the 1980’s I might play something by the rock group, The Police. From the 1950’s I might play

something by Chuck Barry and so forth and going all the way back to approximately the year 1700.

So I can then prime the pump by playing these music clips for my clients. Before we begin the hypnotherapy session, they simply close their eyes and listen. I ask them before they listen to allow any thoughts that they have about that music piece while listening to come into their mind. And to examine those thoughts without bias, without judgment, without a filter, just to let those thoughts come into their mind. After all of the samples are done playing, I ask the client to share with me their impressions of the music pieces.

Usually I find that clients have an affinity for one particular period of time. So if you find that your client has an affinity for the 1950's, for example, you may want to focus on the 1950's during the hypnotherapy session. Or the client may naturally gravitate toward the 1950's during the hypnotherapy session.

The second part of priming the pump is having the client get in touch with their ability to create pictures in their mind. Keep in mind that everything I have told you so far is done before any hypnotherapy is done. For example, when they are listening to the musical pieces, they are not in hypnosis. They are simply closing their eyes and letting impressions come to them. Likewise, during this part of visually priming their mental pump, they are not in hypnosis. They are just closing their eyes and allowing images to form in their mind. Think of this visual priming part being similar to turning on a TV set and letting the picture develop. We need to make sure that our television set is going to show a picture clearly before we try to watch a movie on it. If the television set is not showing pictures then we are not going to have a good movie viewing experience because we will just be looking at a

distorted screen. This preparation for a past life regression hypnotherapy session is designed to make sure that everything is working smoothly. The reason for the musical pieces is to make sure that the client is in tune with at least one period in history that they can potentially move back to during a hypnotherapy session. The reason for this visual preparatory component is to make sure that they can see images clearly when they do move back to that period. If you skip either of these steps you will jeopardize the potential success of your past life regression session with that client. So take your time before doing any hypnosis with your client and make sure they are properly prepared. When you prime the pump visually it is very simple just to have them initially recall standing in their kitchen and have them look all around and notice the colors, notice the appliances, notice the color of the appliances, notice the color of the wallpaper or paint, the texture of the ceiling, the floor and what the floor is made of. Also, let them look down at themselves, see what they are wearing on their feet, see what kind of clothing they are wearing. All of this will help them with a hypnotherapy session in which they are recalling things. Due to the nature of past life regression, we also want to give the client the ability to be comfortable with images which are not familiar during a past life regression. Often times images will come into the clients mind that are potential images from a time long ago and these images will look foreign, odd, and out of place when the client initially sees them. We need to make sure that the client is comfortable receiving these sorts of images rather than seeing them and dismissing them as fantasy. There have been studies done at Stanford University that people who get true psychic impressions initially dismiss what they see. In one study, one person was put into one room and another was put in another room and the two people couldn't see each other. One person was asked simply to imagine what the other person was doing. What was found in many cases, was that the person who is asked to imagine what the other person was

doing was actually able to determine psychically what they were doing. However, they usually dismissed the psychic impressions they were seeing by simply being their imagination at work. So it is important for you to explain to your client that images that come to his/her mind, although they may seem to be fiction, they may be actual memories. So you will have your client imagining themselves standing in their kitchen and noticing the colors and also noticing any sounds or smells associated with the kitchen. This is all designed to prime the pump to get things flowing from their memory. Additionally you will want to have them imagining themselves in a scenario that they have not been in before. For example, I like to use the scenario of standing in the woods and looking at the trees. Now, they have probably been in the woods before, but these woods they are just making up in their mind. Again, priming the pump. They would imagine themselves standing in the woods and then they would see a friendly person walk up to them in the woods and say hello and you would have them describe the woods and describe the person. This process of having them generating something in their minds and fine tuning their ability to see it clearly will come in handy during the actual hypnosis session.

Chapter 4

Past Life Regression Pre-Talk

Past Life Regression Hypnotherapy

About the Pre-Talk

As you may know from my book, Basic Hypnotherapy for Professionals, it is important to give a pre talk to a client before any hypnotherapy session. Pre talk is a short talk in which you explain to your client exactly what they can expect and not expect from a hypnotherapy session. It is an opportunity for you to display your expertise and to put your client at ease so that they know that they are at the hands of a trained professional. In addition to the basic pre talk, explaining hypnotherapy in general, you should also do a past life regression pre talk with your clients before doing any regression work. The following is the pre talk which I use with my clients before I do a past life regression. It puts them at ease, answers many of their questions, and reassures them that I know what I am doing. After delivering the pre talk to the client, I of course give them the opportunity to ask questions. Here is the pre-talk: Hypnotherapy allows you to tap into your subconscious mind. All of the things we have ever experienced in this life or in other lives are stored in our subconscious mind. Memories are compartmentalized generally. Usually you only have conscious access to memories that you need. For example, where you put your car keys, what you have to do today, what your name is, that sort of thing. Other memories that are less important to your everyday life are stored at a deeper level. For example, what you did on your tenth birthday or where you went on vacation with your parents when you were five. You probably could remember those types of things consciously if you just took a moment to yourself and quietly focused on your memories. Except in the case of traumatic childhoods, those memories are usually accessible with only a minor amount of effort. There are other memories in your subconscious mind that are a little more difficult to access. The reason is that these memories do not play an important role in your everyday

life. Nor are they generally necessary to recall at any point. Your mind has determined that their importance is minimal or non-existent. So they have been put in the basement of your memory bank where they are stored safely in a file cabinet, yet it can be difficult to access it without the help of a trained professional or without the knowledge on how to get to that room and which key to use. These memories will include things such as being born in this life or living past lives. These memories, although they are there, are not readily accessible even when you sit quietly and try to remember them. But make no mistake, they are there and they are accessible, it just takes a little more work. That is why we are together today so that you with my assistance can access the memories of your past lives. It is in fact a very simple process and once you know how to do it, you will be able to do it all by yourself. I also want you to be aware of the different states of hypnosis. There is alpha that is the lightest state of hypnosis, just like when you are driving a car or reading a book or watching TV or when you've just woken up or you're just going to sleep. It's a not really here, not really out of it, state. Have you ever driven a car somewhere without remembering the ride? Well that's an example of your brain powering down to alpha. In alpha you can be fully aware of everything that is going on yet you are actually in a state of hypnosis. The state below alpha is theta. Theta is a sleep state. And the state below that is delta, the deepest state of hypnosis. For our purposes today, I will keep you in alpha because in alpha you will be able to communicate with me. I will be able to ask you questions about your past life experience and you will be able to answer my questions. If at any time you go below alpha into theta or delta, I will bring you back up to alpha in a very gentle way and then we will continue with the interview style past life regression. I will also record the past life regression for you so that you will have a recording of it so that you can share with your friends or just keep for yourself. This can be very helpful in remembering what we talk about in this session since

some of the memories may tend to be less easy to access when you are not in hypnosis. So in today's session what will happen is I will use a brief induction, that is the part of the session where I induce a hypnotic trance by having you picture yourself walking along the beach or walk in the woods or doing something relaxing involving all of the senses so that it becomes very real for you and very relaxing. I will then do a short deepening, a deepening is the part of the hypnotherapy session where I am just intensifying that state of relaxation. If you were walking along the beach, I would have you imagine the sun setting and I would count down as the sun sets, something along those lines. Then I will do the actual past life regression at which I will start recording the session. *(You do not have to record the session, but it is always a nice professional touch to record the session and give the client a copy of the session as a CD or mp3 at no additional charge.)* During the past life regression I will be asking you questions about where you are, who you are, whether you are male or female and I will be guiding you to specific events in your life and taking you to the end of that life. Today we will examine one life and if you want to look at other lives in future sessions or if you want to review that life in more depth, we can do other sessions after this one. NOTE: CUT AND PAST PRE-TALK FROM BASIC BOOK.

Sample Pretalk 1

The lightest state of hypnosis, Alpha, is achieved easily. Everyone enters a hypnotic state every day, several times per day. It's that state you are in when you are watching TV, reading a good book, playing video games and, yes, even driving. It's also the state you are in when you are just waking up or just going to bed. You are not fully conscious, but you are not fully unconscious either. In this state, you're up to 200 times more suggestible than when you are fully awake, in Beta.

Past Life Regression Hypnotherapy

Many people, when they hear about hypnosis, say, "Well, I can't be hypnotized." These people have been misinformed, mostly by Hollywood, about what hypnosis is and is not. It is not necessary to be in some sort of an 'otherworldly trance' to be in hypnosis. Hypnosis is a natural state that everyone moves in and out of throughout each day. Many of our everyday normal activities are actually performed under hypnosis without us being aware of it.

Hypnosis is just like the state you are in when you have been driving a car for a long distance. You know that feeling. It's not that you are oblivious to everything, it's just that you have tuned out all of the unimportant stimuli. Your focus is the road. If something were to happen that required your attention, such as a car trying to pass you, your body and mind would be able to properly respond. You would be able, at any time you chose, to notice the beautiful trees or old farm mills or anything else you may be driving past.

As I mentioned, another example of hypnosis is playing video games. Some people can play video games for hours in a sitting. If someone were to talk to them while they were in a video game session, they would be able to respond. However, the game player often feels that he has only been playing for a fraction of the time that he has actually played! This is because he was in hypnosis and has experienced time distortion. That is perfectly normal, and you may experience that today during our hypnosis session.

A third good example of a hypnotic state is working on the computer. People who are using a computer are focused on what they are doing, but can intelligently answer the phone when it rings.

So hypnosis is no different from driving a car, playing video games, or working on a computer. Most people engaged in these activities would not think that they are in a trance, but they are. They are in a light hypnotic trance known as Alpha. (By the way, since reading is a form of hypnosis, surprise! You're in hypnosis!!! Okay, let's get back to the pretalk.) In Alpha, your mind is slowed down just a little, your focus is narrower, your breathing is slower, and you are relaxed. Most people have driven a car, played a video game, worked on a computer, or read a really good article. Therefore, to say that you cannot be hypnotized is to misunderstand the true nature of a hypnotic state. Since you are up to 200 times more suggestible even while you are in the light state of Alpha, anything beyond this is unnecessary for most purposes (programming someone to lose weight, stop smoking, overcome a fear of flying, and so on). You can have an extremely effective hypnosis session while being aware of, and able to recall every word spoken by the hypnotherapist.

You also don't have to worry if you fall asleep during hypnosis. It has been discovered by several research groups that your hearing acts like a surveillance camera. Your eyes close, but your ears cannot close. They always remain open, taking in information constantly. When a mother is "asleep" and hears her baby cry, she will "awaken" immediately. The truth is that we never really sleep; a part of our brain is always alert — our hearing. It stays alert to protect us or our offspring. If someone breaks into your home while you are "asleep," you will be alerted as soon as you hear a noise. Your hearing is "on" 24/7, taking in information and recording it. In hypnosis, we use this to your advantage, so even if you fall "asleep" during the session, your brain is still recording all the information in your subconscious.

In case you are worried about being too intelligent to be hypnotized, intelligence is directly correlated to suggestibility. The more intelligent you are, the more easily you can be hypnotized. People of a below-average IQ find it difficult to go into a hypnotic state. Geniuses are naturally close to a hypnotic Alpha state most of the time, and therefore enter hypnosis easily. This accounts for their ability to transfer information from their subconscious mind to their waking life and bring their creations to the world.

And there is no need to worry about not waking up. This cannot happen. Less than 10% of the population achieves such a deep trance state that they dissociate, or “black out”, like they do when they receive anesthetic. Such people are called “somnambulists,” and they do not consciously remember what happened during hypnosis unless the hypnotherapist suggests that they will. However, even these people will wake up at the end of a session. Most people achieve only a light trance state (Alpha) in which they are aware of what is happening, although they are completely relaxed and focused.

Sample Pretalk 2

The first thing I would like to do today is explain in detail what hypnosis is and what it is not. For starters, most people have experienced hypnosis several times a day throughout their lives. If you have ever been absorbed in a good book, really involved in watching a movie, or working at your computer and one hour seemed like 15 minutes, you have experienced hypnosis.

Our minds function in four stages of consciousness. The first stage is called Beta; this is the stage where you are awake and able to make conscious decisions. The second stage is called Alpha. This is when the brain slows down and narrows its focus. It turns out that during Alpha, your brain is two hundred times more susceptible to suggestion than when in Beta. This is why marketing companies

spend millions of dollars on advertising, they get to deliver their message while you're very focused on your favorite show. Alpha is the stage necessary for us to bring about positive change. The third stage is Theta. Theta is when you are in a light sleep. In Theta, you can be awakened fairly easily by a sound or a light touch. For example, this is when you are just falling asleep and when you are just waking up. The final stage is Delta. Delta is a deep sound sleep. As you can see, you are in all of these stages in any given day. Alpha is the only stage necessary for hypnotherapy, and you will experience that shortly.

In the 1950s, the American Medical Association took notice of hypnosis after a patient underwent a thyroidectomy (removal of the thyroid) while in a hypnotic trance induced by a hypnotherapist. No painkillers or anesthesia were used. Since then, hypnotherapists have made influential steps toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients and to ease pain during procedures. Doctors tell patients that a procedure is common and it comes with a high degree of success. Because these phrases are delivered by an authority figure, the patients act exactly the same as they would with hypnotic suggestions. There are also more obvious hypnotic suggestions given to patients by doctors trained in hypnosis. And for more than 100 years, dentists have used hypnosis to ease pain and discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession didn't really take notice of hypnotherapy. Today, doctors are readily embracing hypnosis as a complement to long-standing medical procedures.

Past Life Regression Hypnotherapy

Hypnosis has countless uses in psychotherapy, psychiatry, and various medical specialties. The use of hypnotic techniques by these professions has increased steadily in recent years because hypnosis is gaining widespread acceptance as a safe, reliable, effective, and comfortable alternative. In the modern climate of skyrocketing healthcare costs, hypnosis is also proving invaluable as an aid in speeding recovery from physical and mental problems, which can really cut down on medical costs.

Clinical hypnosis is by no means a new healing tool. The first usage of hypnosis by health professionals occurred in the late 1800s. In its early days, clinical hypnosis was used to treat hysterical conditions, and was also very useful for the induction of anesthesia in surgery in the days before anesthetic drugs. For example, James Esdaile, a Scottish physician working in India in the early part of the nineteenth century, performed over 340 major operations, including amputations and removal of large tumors, with hypnosis as the only anesthetic. Around the turn of the twentieth century, Sigmund Freud used hypnosis extensively in the first years of his psychiatric practice. In the first half of the twentieth century, hypnosis was often viewed as an exotic or fringe method in medicine and psychology, but it eventually gained respect as a powerful clinical tool. It finally earned formal recognition as a valuable tool in health care in 1958, when the Council on Mental Health of the American Medical Association recommended that instruction in hypnosis be included in medical school teachings. The American Psychological Association similarly embraced hypnosis several years later. Thousands of psychologists, dentists, and physicians in various specialties now have thorough training in hypnotic methods within their specialty areas. Professional organizations in clinical hypnosis provide extensive training and continuing education in hypnosis, and provide their members with specific ethical guidelines for the professional use of hypnosis.

Sample Pretalk 3

Many people feel somewhat apprehensive and have numerous questions when they consider the possibility of seeking clinical hypnosis for their problems. These are some pretty common questions.

How does it feel to be hypnotized? There is really no such thing as a specific hypnotized feeling. As described earlier, a number of different experiences are commonly associated with the hypnotic state. The most unique characteristic, the one that people tend to remember best and find most surprising, is perhaps the subjective sense of "involuntariness" of things happening without you (seemingly) acting to make them happen. You may also be aware of everything I say during the session, and that's okay, because you will still be in hypnosis!

Will I lose consciousness? As mentioned above, hypnosis is not sleep. Ordinarily, you will be conscious of everything that goes on when you are in the hypnotic state. Sometimes, though, you may relax so much under hypnosis that you may drift off and lose track of what is happening or even fall asleep!

Will I reveal deep secrets about myself? In some psychotherapeutic applications of hypnosis, it is important to uncover mental material that is related to the problem being treated, material that you have been ignoring or keeping secret from others and even from yourself. However, no such uncovering is needed in many applications of clinical hypnosis, and if you were very uneasy about the possibility of introspective exploration of this kind, we would discuss that when beginning our work together. Uncovering techniques may not be needed at all to deal with your problem. Hypnosis can be used in many different ways.

Will I do something embarrassing or silly? A clinical hypnotist will not make you cluck like a chicken or do other things for amusement at your expense. You do, however, sometimes act differently under hypnosis than you do in the normal waking state. You may become more emotional or feel more childlike. And generally, the benefits of these hypnotic states are quite simply amazing.

What if I do not want to lose control of myself? Hypnosis does involve a certain amount of letting go of yourself, and opening up to a new experience. However, you are not really losing control of yourself when you respond to what I suggest. You are making the decision to go along with my guidance at every step. You can benefit from hypnosis as long as you are willing to go along with the instructions. It may be helpful to think of me as your personal coach — a person helping you to master new ways to use your own mind.

Can I be made to do things I do not want to do? Contrary to a popular belief, people under hypnosis are not captive and spellbound. They can resist direct instructions that are at odds with their wishes or moral standards. For this reason, it is not as easy as one might think to make people do things against their will with hypnosis.

What if I cannot be hypnotized? The odds are against it. While the degree to which people are receptive to hypnosis varies from individual to individual, the great majority of people, perhaps three out of every four, can be hypnotized to a sufficient degree to enjoy some of the benefits that hypnosis can offer.

Aren't gullible or simple-minded people most easily hypnotizable? Not at all. In fact, researchers have found that more intelligent people are slightly more hypnotizable.

Past Life Regression Hypnotherapy

It seems that openness to new experiences rather than gullibility is related to hypnotic ability.

Are women more hypnotizable than men? Research has conclusively shown that, on average, there is no difference between men and women in their hypnotic suggestibility.

Can hypnosis be dangerous to my mental health? The state of hypnosis is generally very safe and free from complications, probably no more disturbing to your mind than ordinary sleep. For most people, however, the experience of hypnosis is pleasantly relaxing and refreshing. The only after-effects that you are likely to experience are possible drowsiness and disorientation for the first few minutes afterwards, and possibly a stiff neck or (rarely) a minor headache. All these side effects are transient and harmless.

Can people hypnotize themselves? Yes, they can. Entering hypnosis is simply a mental skill, and hypnotherapists commonly believe that regular hypnosis is nothing more than assisted self-hypnosis. It is just more easily learned under the guidance of a skilled hypnotist. However, once you have mastered it, you can do it on your own. This is the goal in my practice of clinical hypnosis, when processes such as pain control can be made available at any time.

I would like to give you an opportunity to ask any further questions you might have at this point. Otherwise, I'm excited to start working together. Are you ready to begin?

Sample Pretalk 4

Many people have seen stage hypnotists in the movies and on TV, and believe that a hypnotherapy session leaves the participant at the mercy of the hypnotist. I can assure you this is not true with this form of hypnosis. In

Past Life Regression Hypnotherapy

fact, you may be aware of everything I say. You may be in the Alpha state, which is the lightest state of hypnosis. This happens to you many times during the day.

Drivers often experience the Alpha state while driving. We often end up at our destination safe and sound without remembering much of the trip. We arrive at our destination on a kind of autopilot. You were still in control of the car, but you tuned out most of your surroundings. Also, when we read a great book, we often become unaware of our surroundings. We become lost in the story. This is the Alpha state. So this is something you have experienced many times.

Have you ever seen a child immersed in a video game? She is so lost in the world of space creatures or other worlds that she takes no notice whatsoever of her surroundings. People can do this for hours. They are in an altered state, but they are still very much awake. This is the Alpha state, the state that you will be under for hypnosis. The difference is that instead of playing a video game, you are using that hypnotic state for your own healing.

Even though you are aware of everything I say, you will still be under hypnosis. Remember, you are in control. If for any reason you would like to stop the session during hypnosis, merely count to three in your mind, and the session will be over.

Once again, you may be aware of everything I say during hypnosis and that is okay. You are still in hypnosis, and you are always in control of the session. You are here to change the things you want to change.

You will be very relaxed during our session and may be in the Alpha state. Also, if you fall asleep, you will still be listening to what I am saying and getting the same benefit

Past Life Regression Hypnotherapy

from this session. Your hearing never turns off, even when you sleep. Your subconscious will be getting all the information needed to make positive changes in your life. So if you do feel yourself drifting off to sleep, that is okay. You will still be benefiting from what I am saying.

I would like to talk a little about the history of hypnosis, because hypnosis has been used since the beginning of history. The use of hypnosis has been traced back to 3000BC in Egypt. Hypnotherapy has been used for centuries in different forms by different cultures. Both the new and old testament of the Bible talks of what could be deemed as hypnosis. The ancient Greeks and Romans had sleep temples where people's dreams could be recorded.

The term *hypnosis* comes from a Greek word meaning sleep. People under hypnosis are alert and are able to talk and move. Modern hypnosis began with Anton Mesmer in the eighteenth century. He became Europe's foremost expert in magnetic healing. James Braid, a Scottish surgeon, coined the term hypnotism in 1843. He found that some people could go into a trance if they fixated their eyes on a bright shiny object.

Hypnotherapy regained popularity in the mid-1900s thanks to Milton Erickson, a psychiatrist who used hypnosis successfully in his practice. Because Erickson was well-known and had so much success with hypnosis, the medical community began to recognize hypnosis as a valid and important therapy.

Dave Elman brought acceptance to hypnosis from the medical profession in the U.S. when the Council on Medical health of the American Medical Association accepted the use of hypnotherapy in 1958, recognizing hypnotherapy as a compelling medical procedure. Since

Past Life Regression Hypnotherapy

1995, the National Institute for Health has recommended hypnotherapy as a treatment for chronic pain. Hypnosis is used for many conditions, including phobias, depression and addictions.

Hypnosis has become popular because it is an effective tool used to help people safely and quickly heal from many different conditions.

The power of the subconscious and the mind is limitless. Hypnosis is a well-respected practice and is used by doctors, psychologists, and even law enforcement. Hypnosis has even been used in cases where anesthesia cannot be used. People have had teeth extracted with no anesthesia by using only hypnosis. People have had operations with no anesthesia in deep states of hypnosis. This shows how powerful the subconscious mind is.

Hypnosis is also used for self-improvement. It has been used to successfully cure diseases and phobias, such as depression or fear of flying, when traditional methods have failed. This proves how powerful the mind is. You are here today to tap into the power of your subconscious and to create the changes that you want to make.

We now understand how powerful the mind is, and that hypnosis is a powerful tool used to make positive changes in our lives. Once again, you are in control of the hypnotherapy session. You may be aware of everything I say, and you are still under hypnosis.

Some people have the belief that they are too intelligent to be hypnotized. They feel that not being intelligent is directly correlated to suggestibility. Actually, the more intelligent you are, the more easily you can be hypnotized. You can be hypnotized and you can make positive changes in your life.

Past Life Regression Hypnotherapy

Hypnosis is perfectly natural and, as I just mentioned, it is also widely used and accepted. You are not asleep or in a trance, you are just very relaxed. You are not under my power. You will only do what is in your personal comfort zone, moral code, or value system. You are still you, just very relaxed. You will remember everything and will feel relaxed during and after hypnosis.

You always have a choice and can come out of hypnosis whenever you want. Just count to three in your mind and you will be out of hypnosis. You are able to get away from the noise and stress of daily life and immerse yourself in peace and relaxation. You are here to use the power of your mind to help you. You are always in control, and as I said before, if you want to come out of hypnosis it is very, very easy to do so. Just count to three in your mind, and the session will be over.

I learned hypnosis because I had discovered how powerful the mind was in my own search from healing from a chronic illness. I had made many changes in my thinking that helped my own body heal itself. It was through hypnosis and working with holistic doctors that I finally was able to be cured. If the mind can make someone heal when doctors give no cure or hope, imagine how much power our mind has and how much we can heal our own lives in so many ways.

I want you to just sit back and relax now as we begin the session. Once again, I want to tell you that you may be aware of everything I say and you will still be under hypnosis. Trust that you are safe and protected at all times. You have come here with the intent to heal and so it shall be. You may be aware of everything I say and that is okay. Remember, you are still under hypnosis and you are safe. So please close your eyes and relax.

Helpful Tip

Clients can be quite diverse educationally. In the same day, you could have an MD and a tile installer as clients. Rather than changing my pretalk for each person, I have found that everyone appreciates simplicity. If you can explain concepts in simple terms, you avoid any confusion. You also avoid seeming arrogant or like you are trying too hard.

Chapter 5

Past Life Regression (PLR) Inductions

Past Life Regression Hypnotherapy

About Inductions

The next step is to have the client close his or her eyes and have them relax by you doing a very short induction. You can read about inductions in my book, Basic Hypnotherapy for Professions. You should do an abbreviated induction, about five minutes long. The risk in doing a long induction is that the client might fall asleep. If the client falls asleep you will need to bring them up slightly so that they can interact with you verbally. It's best to avoid having to do this by simply doing a very brief induction. An induction is simply a walk along the beach or in the woods or in the desert, just a relaxing walk somewhere in which you involve all of the senses. You are trying to induce a hypnotic state and at the same time you are telling them to relax. So you are having them walk along the beach, enjoy the beautiful blue sky, the beautiful sound of the waves, the feel of the Sun, etc. while they are relaxing more.

You may want to do a brief deepening also. A deepening, as I also describe in my book, Basic Hypnotherapy for Professionals, is simply having them either go down something or see something going down. A typical deepening is ten counts. In other words, the Sun would go down to the count of ten and you would tell them that as the Sun goes down at the count of ten, they will relax more deeply. So, by the time you reach number one, they will be relaxed completely. You simply count from ten to one and tell them that the Sun is going down a little lower with each number and they are relaxing a little more deeply with each number. However, in a past life regression session, you want to make sure that they do not go too deeply. So you would abbreviate this and have the Sun go down to the count of five. The idea here is the fewer the numbers, the lighter the trance. So the Sun will go down as you count down from five to one and they will relax more

deeply as the numbers go down. Then you begin counting and have the Sun go down. That is one example of a deepening. The induction and deepening should take a total of approximately seven minutes. Five for the induction and two for the deepening.

Sample Induction 1

You're in your car; it's afternoon; it's early spring. You're driving on a smooth, curving road that leads through the hillside. The grass is vividly green, and colorful wild flowers are in bloom on the sides of the road. There are trees lush with leaves. The air is fresh and clean. You feel yourself begin to relax. The road curves gently to the right, and your car hugs the curves of the road as if it were on a track. The mist in the air rises and clears as you drive. You feel the warm air against your skin as your car follows the road. You notice that your car is the only one on the road. The engine of your car purring gently is the only sound. It's quiet. It's safe. You haven't a care in the world; you are at peace, enjoying the beautiful scenery as you drive. The sky is blue and it is clear, but for a few wisps of clouds. You are so comfortable and serene. You're driving slowly, taking in the beautiful scenery.

You approach a gravel road. It calls to you, so you turn onto it. You hear the light crunching of the tires on the finely ground gravel. The road leads through a wooded area. The sun filters through the trees; it is warm and bright. There is beauty all around you and you take it all in. You come to the end of the road. It is large and circular. You see a clearing and a path and you park your car close to the clearing. The car door closes gently as you walk toward the trail. As you approach the trail, you notice that it is wide and carpeted with the same fine gravel as on the road. As you walk past the trees, you hear some birds singing. You walk slowly, taking in all the sights and smells. You see a honeysuckle bush, and you stop and smell the flowers. You pick a flower. The flower smells so

sweet and the honeysuckle tastes like honey. You savor the taste and continue on the path.

You hear the gurgling of water nearby. As you continue on the trail, the gravel path turns to grass, and there are stepping-stones that lead to a waterfall. You take off your shoes and carry them along with you. There are beautiful purple and yellow flowers on either side of the trail. The stepping-stones feel smooth and warm on your feet. Each stone is a different color of the stone rainbow. As you step on each stone on the path, you become more relaxed. The stones are beautiful. Each step relaxes you more. You continue on the stepping-stones, relaxing more with each step. You are getting closer to the waterfall. The waterfall ends in a calm, clear pool of water. You set your shoes aside on a rock near the pool. You put your toe in the water to test the temperature. You find it warm and inviting. You wade into the pool and find a large rock to sit on. You sit down on the rock. You put your hand in the water and move it slowly back and forth, feeling the warmth of the water between your fingers and around your hand.

You take a deep breath through your nose. You can taste the freshness of the air as your chest rises and your lungs fill with the clean air. You open your mouth slightly and exhale slowly. You take another slow, deep breath through your nose, and again exhale slowly through your mouth. Once again, another slow, deep breath. The water gently falls into the pool and ripples in the water traveling slowly toward you. You watch the ripples of the water and become more relaxed as each ripple floats by you. Two purple dragonflies hover on the water. They linger a few minutes and then fly off. They take with them any cares and anxieties that may have remained. You take another deep breath and feel so calm, so relaxed.

You look around and see a hammock hanging between two trees. You slowly lift yourself out of the pool and walk toward the hammock. The hammock is covered with a large pillow that perfectly fits the hammock. You easily get

into the hammock. The hammock supports you effortlessly. You feel as if you're floating in the softness of the hammock. The trees filter the warm sun and you feel safe, comfortable, supported. You close your eyes and rest your mind.

Sample Induction 2

Now close your eyes. Take a nice, deep, full breath and exhale slowly. Take another deep breath and exhale. Feel yourself beginning to relax now ... from the very top of your head ... all the way down ... to the very tip of your toes. One more time. Breathe in. Take a nice, deep, full breath and hold it in. Now let it out completely, and feel yourself relaxing even more.

I want you to imagine now that you are looking at a clear, blue sky. It is a brilliant blue, like no other color you have ever seen. And in the sky, a sky-writing airplane is writing your name in fluffy, white, cloud-like letters. See your name floating ... fluffy, white and cloud-like in a clear, blue sky. Reach out and imagine what the clouds feel like. Light and airy. Also, hear the birds. Not only can you hear their calls, but you can also hear the flapping of their wings as they increase their speed. You hear the silence of their wings as they glide through the sky. You relax with the increasing silence.

Now let your name just disappear with the wind. Let the winds just blow your name away into the blue of the sky ... and forget about your name. Forget you even have a name. Names are not important. Just go on listening to my voice and let yourself relax even more. You no longer hear or see the birds. You are at complete peace with yourself. There are no distractions. You relax even deeper.

Sample Deepening 1

You are completely relaxed and contented as you stand at the edge of the lake, and hear the rocking of a small rowboat as it floats gently next to a small dock. The dock is inviting, and you hear the call of baby ducks as they swim circles around their mother, safely and securely, near the end of the dock.

The well-constructed wooden dock has ten evenly spaced planks for steps, and handrails that lead to a wide platform, to which the small white rowboat is tied. There is an antique iron park bench sitting at the end of the dock, overlooking the lake. There are tiny peeping noises coming from the ducklings. You will go down the steps, one by one, confidently. And you will count them backwards from 10 to 1. And as you count them, you will go deeper and deeper into your trance with each and every step you descend

You know that you are safe and secure as you grab hold of the sturdy handrails and move calmly to the top step. Ten. And you are going deeper and deeper. You feel comfortable and relaxed as you step onto the next step. Nine.

You can feel the smooth, wooden handrail as you slide your hands along it and go down another step and go deeper, and deeper. Eight. The planks are warm from the sun and inviting on your feet as you go down another step. Seven. You slide your hands a little further down the handrail and step down again, going deeper and deeper. Six. You see the baby ducks swim into the cool shadows of the dock as you take another step down.

The bump, bump, bump of the rowboat continues as you go down another step, and you are relaxed and contented. Five. Stepping further down, the mother duck calls her babies, and you are going deeper. Four. The rhythmic waves lap onto the shore, and you lower yourself onto the next plank. Three. You are more relaxed, as you calmly go down another step. Two. The ducklings come out from under the dock, to join their mother, as you take the step safely onto the platform. One.

Sample Deepening 2

Take a step down now ... down to the ninth step. Smoothly and easily. Feel yourself going deeper. Now down to step eight ... going deeper still.

Now down to step seven ... going deeper ... down to step six ... deeper still ... going further down to step five ... and step four ... step three ... two ... one. Now you are standing on the floor below. There is a door in front of you. A sign on the door reads "Doorway to the Beach of Relaxation." Reach out and turn the doorknob. Open the door. A stream of golden sunlight pours through the open door. Walk through the door into the golden sunlight.

Before you, stretches a beach of pure white sand. Beyond the edge of the beach is an endless ocean of clear blue water. Walk on the beach until you come to the place where the dry sand meets the wet sand, near the water's edge. Stand here a moment and notice all of the sights and sounds.

Past Life Regression Hypnotherapy

Notice the seagulls in the sky above. Watch them diving for fish in the sea below. Listen to their chatter as they return to the sky. Notice the other birds around you. They show their appreciation for life in their smooth flight and the happy songs they sing.

Notice the majestic expanse of the ocean in front of you. A gentle wave comes ashore and rushes past your feet. Feel how it pleasantly glides past your feet as it recedes back into the ocean. This ocean is the “sea of relaxation.” With each wave that touches the sand, you are feeling more and more deeply relaxed.

Past Life Regression Hypnotherapy

Chapter 6

The Past Life Regression Script

Past Life Regression Hypnotherapy

About the PLR Script

The most important part of any past life hypnotherapy session, and therefore the most important chapter of this book, is the script.

A script is the meat of the hypnotherapy experience. It is where the therapy occurs. If you do not have a script, you are not doing hypnotherapy. You may be hypnotizing your client, but you are not helping her. A script is the portion of the past life hypnotherapy session during which you find out what happened in the past life. The pretalk, induction, and deepening all prepare the client for the script.

Research clearly indicates that a script can be helpful in dealing with many issues. Some examples include overcoming alcoholism (Jayasinghe, 2005), dealing with IBS (Weil, 2007), improving efficiency for increased financial success, attracting romantic partners, weight loss (Holt, Warren, & Wallace, 2006), memory improvement, smoking cessation (Rouse, 2007), academic success (Bloom, 2007), improved confidence, or whatever the client's challenge may be.

As part of a regular self-hypnotherapy session, a hypnotherapist could even write a script to enhance her creativity — to suggest to her subconscious mind that she is going to write more creative scripts!

If you are new to hypnotherapy, you might want to start with a past life regression script written by someone else. You can borrow one of my scripts or use one from the countless books available on this topic (see the recommended resources at the end of the book).

Past Life Regression Hypnotherapy

When using a script that someone else has written, make sure that you have read through it before the hypnotherapy session. The worst thing that you can possibly do is go into a session without previously having read the script.

You want to be familiar with the script for several reasons. First, you do not want to trip through words and concepts while reading the script during the session. (Because your client's eyes are covered, you can read a script and every other part of the hypnotherapy session except the pretalk. You do not have to memorize it.) Second, you need to carefully evaluate the script prior to reading it to your client. Each client is different, so you will need to find and eliminate those things in the script that are not going to apply to a particular client. You need to have a full understanding of the script so that you can tailor it to achieve the best possible results.

Do your due diligence. Do not allow yourself any excuses. Prepare every time.

Beware of procrastinating and ending up in a situation that causes you to stumble. During a live sermon, for example, a preacher can say, "I am sorry. I made a mistake. Let me backtrack." But you cannot do that under hypnosis. Every word you say goes into the patient's subconscious.

Be prepared. You are dealing with the most precious part of a human: their mind. Treat it delicately. I do not say this to scare you. I say this to prepare you.

Be prepared.

Past Life Regression Hypnotherapy

Go through any script you intend to use. Make sure that there are no surprises. If someone hands you a script and says, "Here, use this when you have someone who wants to view a past life," make sure that you go through the script ahead of time.

Do not be afraid to alter a script. Scripts are not written in stone. Make the script something that flows freely from your mouth.

The main rule for modifying scripts is this: never insert anything that could cause harm.

We do not harm people. We help people. Say good things. Do not say frightening or harmful things. Do not excite your client. Bore her. Everything is calm. Everything is peaceful. Everything is beautiful. Everything is positive.

As long as you remember not to harm people, your script will be fine.

If you do not have a script to modify, you will have to write your own script. I am inviting you to use your creativity in writing the scripts. I am inviting you to reach inside and pull something out of yourself, something that will be helpful. I am not going to tell you that these methods are "written in stone", because that would limit your creativity. Just let it flow. Keep your plan, your idea, and your motive in mind. Your motivation is to help the client.

A person's body does not know the difference between imagining a past life and having it actually happen. This means that the client has the advantage of knowing rationally that the situation is not occurring, but physically and emotionally, she feels that she has experienced the event.

For general scripts on a variety of topics, I recommend the following books:

- Havens, Ronald A., and Catherine R. Walters. 1989. *Hypnotherapy Scripts: A Neo-Ericksonian Approach to Persuasive Healing*. Oxford: Taylor & Francis Group.
- Hammond, D. Corydon. *Handbook of Hypnotic Suggestions and Metaphors*. 1990. New York: W. W. Norton and Company. (A Norton Professional Book from the American Society of Clinical Hypnosis.)
- Jones, S.G., *Hypnotherapy Scripts Volume I*, 2007
- Jones, S.G., *Hypnotherapy Scripts Volume II*, 2007

The last two are written by me and can be found on my website at <http://www.stevejones.com/books.htm>.

I also encourage you to write your own past life regression script. Here is the script I use in past life regressions. Feel free to use it.

Past Life Regression Script

And now I want you to imagine that in front of you is a train and that this train travels along a track, a smooth uninterrupted track; it goes off to the left. You now board the train; it is a beautiful, luxurious, comfortable train. You are the only one aboard. You are alone and safe and protected. As now the door closes behind you and the train begins to slowly move along the track and it moves a little faster now and this train is taking you to your past. Up ahead is a tunnel. This tunnel represents the barrier

Past Life Regression Hypnotherapy

between this life and a previous life. You are so very relaxed and as you pass through this tunnel now you are comfortable and calm and very centered. And now you are approaching the end of the tunnel and at the end of the tunnel, you will be in one of your past lives. It can be any past life, a past life of your choosing. When you reach the end of the tunnel you will be at age fifteen in one of your past lives. You are so relaxed now as the train leaves the tunnel and delivers you now to a past life, a past life of your choosing where you are age fifteen. You are fifteen years old in another time, another place, and another life.

I want you now to exit the train. You are safe and protected. No one and nothing can hurt you or disturb you as you now look around and you will remember everything that you experience in this session. Are you outdoors or indoors? Answer to yourself and remember your answer at the conclusion of this session. Trust your sub conscious mind, it knows. If you are indoors, what is your environment? Are you on a mountain, a prairie, a desert, by the sea? Are you in a village, a town? Enjoy sensing your environment. If you are indoors, look around you how large is the room? Look down at the floor, what is the floor made of? Are there any furnishings, doors, windows, decorations? See and sense and feel your involvement. Alright now, is it daytime or nighttime? Answer to yourself. If it is daytime, what time of day is it? Look at the light. Is it daybreak? Midday? Afternoon, perhaps? The golden glow of sunset. Use all of your senses, bring them all into play, all five senses. Smell the air. Hear the sounds around you. See the surrounding environment. Feel the air on your body. Is it warm, cold, hot, just right? Take it all in, enjoy each sensation. Alright now, the impressions are coming in more and more vividly now. Trust your subconscious mind more and more. As you relax deeper and deeper, my voice becoming less and less important now. Look at yourself. Are you male or female? Your mind knows. Now at the count of three look down at your feet. Notice what you are

Past Life Regression Hypnotherapy

wearing on your feet, sandals, boots, barefooted, shoes. One, two, three. Now as I count again to three, step outside of yourself. See what you look like. One, two, three. Alright now, there you are. You know if you are male or female. Now, what are you wearing? What kind of clothing? What is it made of? What kind of fabric? What color? What kind of style? Look at yourself. You are fifteen years old. What color is your hair? How is it cut? How is it styled? Now that you know what you look like, whether male or female, how are you dressed? What is your environment like? Is anyone there with you? If anyone is with you, who are they? What are you doing? You are fifteen years old. You are knowledgeable. What year is this? What are the numbers that come to mind? First number...second number...third number and fourth number, sense it now. Is it BC or AD? Now you have the year. I am interested in knowing what country you are in. Trust your subconscious mind, it knows. Let the letters or the name of the country, the letters or the name of the country or place where you live come into your mind. Don't question it. Don't intellectualize. There are many countries and places. Let it come to your mind. There are even places that many people have never heard of, just sense the name or the letters. Let it happen. You should have the name now.

Now, at the count of three let's move forward through a very significant and important event in this lifetime you are exploring. An event that will happen in the future of this lifetime we are exploring. And as I count from one to three, time will pass. You will be growing older, a few years or many, many years. You'll be going to a very significant experience or event. One, two, three [pause]. Alright now I want you to remember all that you are experiencing.

But now it is time for you to move on. At the count of three you will find yourself working in your trade or experience in the way you spend your days. As I count to three, vivid

Past Life Regression Hypnotherapy

impressions will come to your mind. One, two, three [pause]. And you will remember all of this upon awakening. You will remember all of this. And you know that you can use this recording as often as you like to experience as many past lives as you choose. So relax now, relax comfortably.

And now you imagine your train in front of you again. Your beautiful, luxurious, comfortable train and now you get back into the train and it slowly moves along the track, bringing you back, back to the present. You move faster and faster and past through the tunnel, dividing your past lives from your present life. And you now arrive safely and comfortably, and peacefully back at your present life. And you are so very relaxed. And you still have and will always have the memories of the past life you experienced.

Past Life Regression Hypnotherapy

Chapter 7

Ending your Session

Past Life Regression Hypnotherapy

Past Life Regression Hypnotherapy

In a typical hypnotherapy session in which you are trying to get your client to lose weight, or stop smoking, be more motivated, etc. you would use amnesia. Amnesia is designed to scramble the conscious recollection of the subconscious programming you are doing with the client so that they have difficulty analyzing it and undoing what you have done. In a past life regression hypnotherapy session it is important for you to skip amnesia because you want them to have a clear recollection of everything. The whole purpose of the past life regression is so that they will recall after the session exactly what happened to them in a past life. So you would skip amnesia.

Trance termination describes the process of bringing a client back to Beta. During trance termination, you want to allow the person to slowly transition from Alpha, Delta, or Theta to Beta (normal waking consciousness).

As you know, being awakened abruptly is not enjoyable. It works, but it is not that much fun. Waking up is a more pleasant experience when you have completed a dream and sleep cycle and you awaken easily.

The process of ending a hypnosis session is similar. Trance termination is like waking up gently and coming back to the world. Remember that unlike you, the client is in a state of total relaxation prior to trance termination. Put yourself in your client's shoes, and ease her into normal waking consciousness.

Based on my experience, your client will want to stay in your chair all day. You have brought the client to that place of total peace and relaxation, and she does not want to leave it. You will want to be gentle but firm. Your voice should transition from a smooth, monotonous tone to a more lively tone.

The following is an example of a trance termination.

Now, in just a few moments, you are going to come back up at the count of three. When I bring you back up, you are going to feel comfortable. You are going to feel relaxed. You are going to feel as though you have had a peaceful One: beginning to come up, feeling very good, filled with energy, rested, feeling as though you have had a peaceful nap. (Pause)

Two: coming up even more, beginning to move now, beginning to stir and you are totally at ease. And at the count of the next number, you will be wide-awake and completely out of hypnosis.

And, at the count of the next number, you will be completely awake (this prepares the client one last time for beta, full waking consciousness).

Three: eyes wide open, relaxed, refreshed and feeling wonderful.

Note that there should be a considerable build in the volume of your voice between one and three. Gradually begin to speak louder. By the time you get to the count of three, you should be speaking slightly louder than your normal conversational volume.

Notice that I told the client ahead of time that I would count from one to three, at which point she would be awake. I preempted the count not only to give her time to prepare, but also to reinforce that her mind would absorb the script that I read to her earlier, that the process is going to work, and that it will become stronger and stronger for her each time.

Past Life Regression Hypnotherapy

I did not just say, “You are going to come up at the count of three. One, two, three.”

I was very soothing, gentle, and affirmation-filled. When I finally brought her up, it was made more powerful by a transition in my voice, as I eventually spoke slightly louder than a normal conversational tone.

After the trance termination, you want to allow the client to relax for a reasonable amount of time. After you bring her back up, she probably will not jump up and walk right out the door. Most people want to relax and get up slowly. In fact, many times after I bring people back up, they remain in the position they were in while under hypnosis.

When this happens, rest assured that everything is fine. Let that person relax for a minute or two. If the client still is not moving, you should suggest to her that she will begin moving.

Since I have the client listen to me through headphones while in my office, I simply increase the volume and repeat the “One, Two, Three” portion louder and louder until she awakens.

After the termination, it is advisable to give the client ample time to adjust. Adjustment may be assisted through the introduction of a conversation in a normal speaking tone, increased volume of any background music, the turning up of any lighting, the opening of any curtains, etc. Hasten the adjustment smoothly and gradually, but don't take an exorbitant amount of time.

Once the client is sufficiently awakened, give them a pen and paper or recording device so they can record their impressions of the past life regression session.

Past Life Regression Hypnotherapy

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Resources

Steve G. Jones, M.Ed., Clinical Hypnotherapist

(The official website of Steve G. Jones)

<http://www.stevegjones.com>

American Alliance of Hypnotists

(Membership is free in this worldwide online directory)

<http://www.hypnotistsalliance.com>

Classes on Hypnotherapy

(Become a certified clinical hypnotherapist online in eight weeks)

<http://americanallianceofhypnotists.org/classes.htm>

Hypnotherapy pre-recorded sessions

(Over 250 specific topics such as weight loss on CD and mp3)

<http://www.stevegjones.com/products.htm>

Hypnotherapy Scripts

(Mostly written by MD's and Ph.D.'s)

Hammond, D. Corydon. *Handbook of Hypnotic Suggestions and Metaphors*. 1990. New York: W. W. Norton and Company. (A Norton Professional Book from the American Society of Clinical Hypnosis.)

Past Life Regression Hypnotherapy

Books by Steve G. Jones, M.Ed.

Available at <http://www.stevejones.com/books.htm>
and select bookstores worldwide.

- Basic Hypnotherapy for Professionals
- Advanced Hypnotherapy for Professionals
- Hypnotherapy Inductions and Deepenings Volume I
- Hypnotherapy Inductions and Deepenings Volume II
- Hypnotherapy Scripts Volume I
- Hypnotherapy Scripts Volume II
- Hypnotic Techniques for Dating Success
- Business guide for Hypnotherapists (Office set-up, websites, forms, advertising online, search engine optimization, creating and selling hypnotherapy CD's and mp3's)
- Hypnotic Sales Mastery Techniques
- Hypnosis for Laymen
- Past Life Regression Hypnotherapy
- Hypnotherapy Case Studies
- Weight Loss with Hypnosis

